



SBRC Gym Schedule

December 1-18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Open Gym 6:00-8:00	Open Gym	Open Gym 6:00-08:00	Open Gym	Open Gym 6:00-9:00				
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30					
7:00am									
7:30am									
8:00am	LoHi Bootcamp 8:00-9:00	Weight Training 7:30a- 8:50a	LoHi Bootcamp 8:00-9:00	Weight Training 7:30a- 8:50a		Winter Sport Cond. 8:00- 9:00	Drop-in Adult Basketball 8:00-11:00		
8:30am					Open Gym 9:00- 9:30				
9:00am	Setup	Drop-in Total Body Fit 8:50-9:50	Gymnastics 9:00-10:15 *last class 12/7	Drop-in Total Body Fit 8:50-9:50	Set-up	Drop-in Womens Volleyball 9:30-12:00			
9:30am	Gym Jam 9:30- 11:30	Cardio Fit 10:15-11:15		Open Gym 9a-12p	Cardio Fit 10:15-11:15			Gym Jam 9:30a- 11:30a	
10:00am									
10:30am									
11:00am									
11:30am	Takedown	Drop-in Adult Basketball 11:30-1:30	Drop-in Spts Conditioning 12:00-1:00	Drop-in Adult Basketball 11:30-1:30	Takedown	Open Gym 12:00- 5:00			
12:00pm	Drop-in Spts Conditioning 12:00-1:00				Drop-in Spts Conditioning 12:00-1:00				
12:30pm									
1:00pm	Open Gym 1:00-6:00				Open Gym 11:00- 5:00				
1:30pm	Drop-in Pickleball 1:30-3:30	Open Gym 1:00- 3:30	Drop-in Pickleball 1:30- 3:30				All Ages B-ball 12:00- 5:00		
2:00pm									
2:30pm									
3:00pm		All Ages Bball 3:30- 5:00		Open Gym 3:30 -6:00	All Ages Bball 3:30- 5:00				
3:30pm	Expand Sports 4:00-5:00								
4:00pm									
4:30pm									
5:00pm	Open Gym	Open Gym 5:00-9:30p	Open Gym 5:00- 9:30	Co-ed Dodgeball 6:00- 9:00 *last day 12/22	Drop-in Badminton 5:45- 7:45	SBRC Fall Hours: Monday - Thursday 6am - 9:30pm Friday 6am - 8pm Saturday/Sunday 8am - 5pm			
5:30pm									
6:00pm									
6:30pm									
7:00pm	Women's Bball League 6:15- 9:00	Men's Bball League *7-9pm on 12/6; 7-10pm on 12/13	Men's Bball League *7-10pm on 12/7; 7-9pm on 12/14	Open Gym 9:00-9:30p		SBRC closes at 1:30pm on 12/24 & 4pm on 12/31. SBRC is CLOSED on 12/25 and 1/01/17.			
7:30pm									
8:00pm									
8:30pm									
9:00pm	Open Gym 9:00- 9:30								
9:30pm									